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THINK PINK
OCTOBER IS DEVOTED
TO BREAST CANCER
AWARENESS {pages 15-16}



BIG FIX?
ASHTON, DEMI
REPORTEDLY
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Monday,
October 3, 2011
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News worth
sharing.

Redford downplays X factor

► Province's new PC leader says she won because of her platform, not gender ► Victory was shocking as she had support of only handful of caucus members, no heavy hitters in cabinet

Alison Redford, set to become the first female premier of Alberta, deemphasized the gender issue yesterday, saying party voters marked Xs not for an X chromosome, but for a broader desire for change.

"A little bit of what happened yesterday was that our politics caught up with who we are," Redford told a late-morning news conference, about nine hours after she was declared the winner in the bleary, wee post-midnight hours at an Edmonton convention centre.

"(Alberta) is demographically diverse, (with the) number of people in our province who are new to our province who have decided to build their lives here and their future here."

She will be the 14th premier when sworn in as the first female leader of Alberta. The date for the swearing-in has not been set but Redford said, "I'd rather do it sooner rather than later."

Premier Ed Stelmach has already tendered his resignation effective Oct. 1.

The 46-year-old rookie legislature member, representing former premier Ralph Klein's old

riding of Calgary Elbow, delivered a stunning come-from-behind victory to defeat the heavy favourite, Gary Mar.

Redford joins B.C. Premier Christy Clark, Kathy Dunderdale of Newfoundland and Labrador, and Eva Aariak of Nunavut as one of four female premiers in Canada.

Redford said her team had a congratulatory call from Clark but that the two leaders hadn't yet had the chance to speak to each other.

She also delivered a message to those who don't want to get onside and will instead leave the party or leave politics.

"That's a healthy thing for a party," she said. "It's not a bad thing to have some change."

In Ottawa, Prime Minister Stephen Harper sent congratulations.

"I look forward to working with premier-designate Redford on issues that matter to Albertans and all Canadians, including the challenges posed by the current global economic climate," said Harper in a news release.

THE CANADIAN PRESS



Local

Running for a cure

► Thousands turn out in Edmonton as city joins other communities across nation in Run for the Cure {page 3}

Onion soup with a twist

Warm up on a chilly autumn evening {page 13}



Grassroots NDP bid

Paul Dewar enters leadership race {page 4}

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Thousands Run for the Cure

► Edmonton joins nearly 60 other communities across the country in annual breast-cancer fundraiser



HEATHER MCINTYRE
@METRONEWS.CA

After she lost her mother to breast cancer in 2005, Lynne Arnold began to raise money and awareness for the fight against the disease.

Along with a desire to "Find a Cure," she had those words and a pink ribbon inked on her forearm.

Arnold, 25, was one of more than 9,000 who coloured Churchill Square pink yesterday for the 20th annual CIBC Run for the Cure.

"I run for people that can't run because of this terrible disease," she said. "I run so that, hopefully, one day ... no one else will have to go through the pain and suffering that my mom and family did."

Men in hot pink spandex joined women in pink

Dash for cash

- Breast cancer continues to be the most common cancer among Canadian women.
- Officials estimated that Edmonton raised more than \$1.6 million this year.
- Last year, more than 170,000 people across Canada took part, raising \$33 million.

tutus and feather boas.

"I'm running for her," Patricia Dilts said, pointing to her friend, Heather Ostapowich.

Hooray For Boobies ran together for the fourth time this year.

Two team members ran for specific people, said captain Richelle Prickett.

"The rest of us are just running for a future without breast cancer," she said.



► Patricia Dilts, left, and Heather Ostapowich wore "Tu Tus for Ta Tas" yesterday at Edmonton's 20th annual CIBC Run for the Cure.

HEATHER MCINTYRE/METRO

Red Cross helping people displaced by apartment fire

As investigators look for what caused an apartment fire that left hundreds scrambling for a place to stay Saturday, the Red Cross is offering help for residents who need it.

Eight suites were damaged in the \$5-million blaze at 109 Street and 29

220 The number of residents affected by an apartment fire at Strathmore Manor on Saturday.

Avenue, and the building also saw significant smoke and water damage, Ed-

monton Fire Rescue said in a release.

Displaced residents can call the Red Cross at 1-888-800-6493 for assistance.

Residents are urged to call Capital Management at 780-428-6511 to see when they can return.

● METRO

News in brief

Escaped inmate arrested: RCMP

JASPER. Police have arrested an inmate who escaped while on a work program in Jasper National Park.

Dennis Haines was found intoxicated and passed out near Christina

Lake, B.C., around 3:45 a.m. yesterday.

● METRO

City has its 39th homicide

INVESTIGATION. Edmonton Police say an Aug. 2 fire that killed Anna Fedorio, 83, and Ken Kopiak, 64, was caused by Kopiak deliberately lighting his car and suite on fire.

● METRO

1

news


Two new reports from Oxfam paint an unnerving portrait of Afghanistan's human-rights record. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

The persistence of the European debt crisis likely means we're in for another up-and-down week on the stock market. Video at metronews.ca/video

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Dewar enters NDP leadership race

► Worked as aid worker in Central America, public school teacher, union executive before winning at polls

Paul Dewar shunned flashy endorsements from party heavyweights as he yesterday launched a grassroots bid to lead the federal New Democrats.

Touting himself as a champion of the party's rank and file, the Ottawa MP surrounded himself with several hundred enthusiastic supporters to celebrate his campaign kick-off.

"Our New Democratic Party starts with the grassroots — pretty evident here today, I would suggest," Dewar told the cheering crowd crammed into a tiny room.

"For me and thousands like you, working hard,



► Paul Dewar

growing our party are the bedrock for electoral success."

Dewar's approach was in stark contrast to that of party president Brian Topp, the perceived frontrunner in the early stages of the race, which culminates with a leadership vote on

March 24.

Topp, the first out of the leadership gate, held a formal news conference to launch his bid last month, accompanied by former leader Ed Broadbent and Quebec MP Francoise Boivin.

With the party hoping to build on last May's historic electoral breakthrough in Quebec, Dewar frankly acknowledged his laboured French is a handicap. "French is very important to me and I'm working on it every day. It's a challenge but I will overcome this challenge and take on Stephen Harper in both official languages," he vowed.

THE CANADIAN PRESS

Art. Attack



► A woman checks out one of the three elements of Barricades 2011, a three-metre-tall caution-tape wall, on Toronto's Yonge Street Saturday night during the sixth instalment of the city's Nuit Blanche.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Nuit Blanche celebrates creativity

The Barricades 2011 display had three common urban barriers: caution tape, plywood and police barricades. During Nuit Blanche, Toronto's downtown is transformed by the work of hundreds of artists in a celebration of contemporary art.

Sixth person on wanted list arrested

The federal government has announced the arrest of a sixth person on the

Canada Border Services Agency's wanted list. Public Safety Minister

Vic Toews yesterday identified him as Orret O'Neil Brock. THE CANADIAN PRESS

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▶ Rod Hazewinkel takes water samples on the Athabasca River, downstream from many oilsands projects.

All eyes on the oilsands

▶ Governments pledged to upgrade monitoring following scathing reports

Rod Hazewinkel fills a jar with water from Alberta's Firebag River. Tiny oil slicks bubble from the muck.

This spot, one of dozens monitored by scientists, isn't near any oilsands mines.

"There's a natural level

of contamination," says Hazewinkel, a limnologist with Alberta Environment and the provincial scientist responsible for environmental monitoring. "Industrial contamination is a small part of that."

Last year, the federal and Alberta governments announced major revamps to how they track the impact of tens of billions of dollars in oilsands development.

Protesters have been citing environmental con-

cerns in opposing TransCanada Ltd.'s proposed Keystone XL pipeline. And, tomorrow, the federal auditor general is to release an assessment of how well Ottawa has kept up with the impacts. **THE CANADIAN PRESS**

Long journeys tainting our food

Outbreaks of listeria and other illnesses linked to tainted food are becoming more common, partly because of how long it takes to get food from the farm to the fork.

A cantaloupe grown on a Colorado field may make four or five stops before it reaches the dinner table. Imported fruits and vegetables have an even longer journey.

The Colorado cantaloupe crop that's linked to 84 illnesses and as many as 17 deaths in 19 states has travelled so far that producer Jensen Farms doesn't know where the fruit ended up.

The company said that it can't provide a list of retailers because the melons were sold and resold. It named 28 states where the fruit was shipped, but people in other states have reported getting sick.

"The food chain is very complex," says Sherri Mc-

Market moment

TSX



- 62.48
(11,623.84)

Dollar



- 1.07¢
(95.40¢ US)

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- \$2.94 US
(\$79.20 US)

Natural gas
1,000 cu ft

\$3.666
(- 8.1¢)

Gold

contracts
\$1,622.30
(+ \$4.20)

Garry, a senior adviser in the Food and Drug Administration's Office of Foods. "There are many steps, and the more steps there are the harder it can be to link up each step to identify what the common source" of an outbreak is.

THE ASSOCIATED PRESS

Stand. Strong



▶ Police arrest a protester on New York's Brooklyn Bridge during Saturday's march by Occupy Wall Street.

STEPHANIE KEITH/THE ASSOCIATED PRESS

Keeping up the march

Protesters speaking out against corporate greed maintained a presence in Manhattan's Financial District yesterday even after more than 700 of them were arrested by police on Brooklyn Bridge Saturday.

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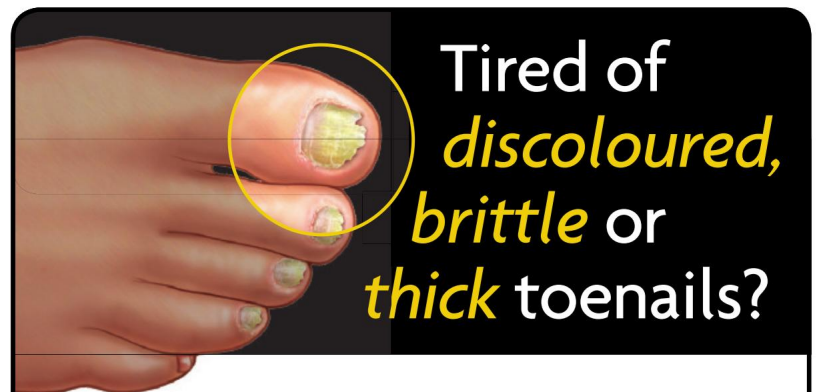
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ARENA TALK CONTRADICTS BUDGET PROPOSAL

URBAN COMPASS

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Well, today we start another week in the weird and wild land of Oz known as Edmonton.

For the life of me, I cannot understand what's going on here. It makes little or no

sense. Can you follow the logic of how the city chooses to do business and how it decides it will spend your tax dollars? If you can, I would really be interested in hearing your explanation. But for the moment, I am stuck with the apparent contradictions that seem to confront us daily.

Last week, the city administration presented the proposed 2012 operating budget.

"But as odd as the budget situation is, at the same time the city is beginning its deliberations and allegedly asking for public input, we are still in the throes of negotiating with Emperor Katz about funding for the downtown arena."

et. Apparently, we are supposed to be overjoyed that there will be a three per cent tax increase and an additional two per cent to continue the Neighbourhood Renewal Funding Program.

I guess we are not supposed to ask why neighbourhood renewal isn't just part of what we pay taxes for. And I guess we are not supposed to ask why neighbourhoods were not maintained in the first place. We will, however, get an opportunity to provide our input. Goodness knows doing so has had little or no impact on any budget in the past. But we do get to dance a little even if no real relationship results.

But as odd as the budget situation is, at the same time the city is beginning its deliberations and allegedly asking for public input, we are still in the throes of negotiating with Emperor Katz about funding for the downtown arena.

At least city council was shamed into making some of these discussions public rather than conducting them behind closed doors. Apparently, our civic masters found out that transparency is all the rage these days. Though they understand what the word means, I am not sure they have really grasped the concept.

If public input is important for the budget, why is it not important to ask us directly if we want hundreds of millions spent on a new arena? The discussion seems to have been going on forever. Why has nobody said that enough is enough and let's just ask Edmontonians what they actually want? One could argue that a plebiscite would be expensive, but it wouldn't be more expensive than our share of the arena costs. We took the plebiscite approach when it came to funding the convention centre. Maybe this time it's because the powers that be knew that the answer was foregone conclusion.

The Boob Tour makes a community tickled pink

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Many of us have donned

the colour pink for a breast cancer fundraiser, but no one's approached the fight against cancer quite like comic James Uloth, creator of The Boob Tour.

"I had lost my best friend's mom to cancer when I was 16 and had always wanted to do something to help," says Uloth. "I decided I wanted to impact cancer patients on a

local level."

With funds going to help local cancer causes, the tour brings together established standup comics who have each been affected by cancer and local cancer organizations.

"I find an organization making a difference and put on a show with them. We get to make a difference doing what we

do best — making people laugh."

Check out theboobtour.com for tour dates near you!

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- ▶ @bellinger_: Whoa... First time I've seen my breath this year. Gettin' chilly, #yeg. #yegweather
- ▶ @missraewow: Almost thought I was back in #yeg after the double shooting and latest homicide... #notgood
- ▶ @ChairDave: Impressed by Allison Redford's commitment to education. Adequate, sustainable and predictable funding key! #yeg #yyc #asba #abed #epsb #ata
- ▶ @Musicopia: Did anyone notice that Alison Redford was actually trending world wide last night...right after final results?! Cool. #pcldr #ab-leg #yeg
- ▶ @MeighanLizotte: Cooooool, cement all over my car...I officially hate city driving and construction #yeg
- ▶ @kellysalive: A girl friend that lives in #yeg didn't love her job or her boyfriend, so she sold her stuff and is moving next week. Love it. Mad respect
- ▶ @calcite_kate: saw a guy walking his tortoise inside Chapters; wonder which one was the slower reader #YEG
- ▶ @bookwormkiki: My husband and son just received the RUDEST customer service at the Terwillegar Recreation Centre. #TRC #YEG

Muddy. Waters



▶ People cover themselves with mud at the ancient baths at Tiermas in northern Spain.

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

Photo of the day

People flock to the area in the fall when the water level of Yesa reservoir is at its lowest. The water at the reservoir is said to have healing properties.

WEIRD NEWS

@thaiPM, you've been hacked

A mocking hacker took over the Twitter account of Thailand's recently elected PM yesterday, questioning her ability to defend the country if she cannot even secure her own tweets.

The unknown hacker ended a series of at least eight postings on the account of Prime Minister Yingluck Shinawatra with a taunt: "If she can't even protect her own Twitter account, how can she protect the country?"

Think about it."

Most of the messages accused Yingluck's government of incompetence and cronyism. Her Pheu Thai Party won a landslide election victory in July, but critics charge she is just a puppet of her brother, former Prime Minister Thaksin Shinawatra. Thaksin was ousted by a military coup in 2006 after being accused of corruption.

"This country is a business. We work for our allies, not for the Thai people. We work for those who support us, not those who differ with us," said one tweet. Another said: "Where are the opportunities for the poor? We use them, give them hope for votes so our own group can benefit." THE ASSOCIATED PRESS

Stars shine on Walk of Fame

► Comic Russell Peters, astronaut Roberta Bondar among six Canadians given stars

Comic superstar Russell Peters showed up at Canada's Walk of Fame hoisting one of his greatest recent achievements — baby Crystianna, whom he clutched against his chest as he walked the red carpet to greet fans and media on Saturday.

The proud papa said it was the first red carpet gala for his 10-month-old daughter, “unless she’s been sneaking out at night and crawling on red carpets,” he quipped.

Peters was among six famous Canadians who were awarded stars on the Walk of Fame, including musician Burton Cummings, actress Sandra Oh, astronaut Roberta Bondar, tennis star Daniel Nestor and the late author Mordecai Richler.

“It’s very surreal because when I said I wanted to be successful I just meant, ‘Make a living,’ I didn’t really think, ‘Get a star,’ I didn’t think, ‘Have people know my name,’” Peters said later as he took the mic at an outdoor stage to acknowledge hundreds of fans who lined a red carpet on a frigid afternoon.

“To have people want to step on my (name) on the street is pretty cool. I can’t wait for when it’s really in the ground and somebody gets hammered and pukes on my name. Somebody better twitpic that to me as soon as that happens because that’s when I know I really came up.”

Before heading into a downtown theatre for a formal induction ceremony, a smiling Cummings said he

was especially proud to be honoured for a second time. He noted that he was recognized along with his band The Guess Who in 2001.

“The Walk of Fame is a huge deal — you consider the names that are down there, people like Donald Sutherland, legendary movie people, Ivan Reitman and (Dan) Aykroyd,” said the Winnipeg-born hit-maker.

Cummings said he was a big fan of Oh in particular, and referred to her 2004 comedy *Sideways* as “one of the greatest movies ever.”

Oh said she was thrilled to meet Burton and Bondar and expressed credulity that her signature will be on a Toronto sidewalk.

“It’s just quite hilarious and odd and I never thought that this would happen,” said Oh, now best known for her co-starring role on the TV medical drama *Grey’s Anatomy*.

Richler’s widow Florence attended on Richler’s behalf, and was escorted by their journalist son, Noah Richler. She said her husband would have been “amused” by the fanfare, adding that she herself felt the honour was “overdue.”

Movie star Ryan Reynolds was initially slated to be honoured, too, but organizers said he was unable to attend and would be inducted at a later date.

Many of the adoring fans turned out to see Toronto rapper Drake, who was to be presented with the Allan Slaight Award recognizing



► Musician Burton Cummings now has two stars on the Walk of Fame, one with his band The Guess Who, and now an individual star.

achievements by a young Canadian. But organizers said the rap superstar was running late and had to skip the red carpet.

Surrounded by glitz and glamour, Nestor called the experience “overwhelming.”

“I’m not used to the red carpet,” the towering tennis pro admitted as he walked down Yonge Street, which was shut down and swathed in red for the afternoon.

Bondar said she was inspired to excel by her family and high school teachers. “It’s good for Canada to be able to see there are other things besides sheer entertainment and comedy — that we can do other things and still be recognized,” said Bondar, who was the first Canadian woman and the second Canadian astronaut in space.

THE CANADIAN PRESS



► Singer Chantal Kreviazuk and her husband Raine Maida were on hand at the red carpet event to award stars on Canada’s Walk of Fame.

2

scene

Box office



A dolphin has dethroned *The Lion King* at the weekend box office. *Dolphin Tale* held up well with \$14.2 million in its second weekend to take over at No. 1 from *The Lion King*, which had been the top movie the last two weekends. Studio estimates Sunday showed *The Lion King* slipping to third-place with \$11.1 million, just behind Brad Pitt’s *Moneyball*, which was No. 2 in its second weekend.

THE ASSOCIATED PRESS



Russell Brand to be first guest on Rosie O’Donnell’s new Oprah Winfrey Network talk show.



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A quarter-century of going solo

- ▶ As Sting turns 60, he reflects on his 25-year career as a solo artist
- ▶ Multiple Grammy award winner hopes to work for another 25 years

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At 85, Tony Bennett released an album that debuted at No. 1 on the Billboard albums chart this week.

Sting, who turned 60 yesterday, is hoping he will still be going strong at 85, too.

"Hopefully the next 25 years will be the same if I have it," the Rock and Roll Hall of Famer said of his own success.

"I couldn't live without music. I'd rather play music, or die."

Sting is celebrating 25 years as a solo artist; in the late 1970s he debuted as the leader of The Police, scoring massive hits with songs like Every Breath You Take and Every Little Thing She Does Is Magic. As a solo singer, he went on to sell multiple multi-platinum albums — and overall, he is the owner of 16 Grammy Awards.

This week he released Sting: 25 Years, his three-disc greatest hits set.

On Oct. 18, he will release Sting: The Best of 25 Years, which features 12 remastered tracks from his solo career.

Sting says he has no plans to release a new album, though he says he is a writing a musical-play "based on my hometown in the north of England. It's about shipbuilding."

It will be directed by Pulitzer Prize and Tony Award winner Brian Yorkey.

Sting will also launch his Back to Bass Tour on Oct. 21 in Boston.



▶ Sting says he couldn't live without music.

He's playing the bass with a small band on the tour.

"I just did the 200-date tour with this symphony orchestra, so I just wanted to throw a curve at that and do something like I used to," he said.

Sting says though he is a veteran, he's still learning as a musician.

"It doesn't end," he said. "There's no way you can say, 'Oh, I finished learning.'"

"You do that when you die."

Sting and country singer Vince Gill recently recorded a concert for the CMT series Crossroads.

The special, which features the two singing each others' hits, airs on Nov. 25, the day after the American Thanksgiving.

THE ASSOCIATED PRESS

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▶ Ashton Kutcher and Demi Moore

Kutcher and Moore seeking marital help

► Rumours continue to swirl about impending divorce

Ashton Kutcher and Demi Moore have reportedly been working all summer to save their relationship, though it appears the efforts were in vain.

“(Demi) and Ashton had been receiving counseling from Kabbalah over the summer to try to fix their marriage,” a source tells Entertainment Tonight, adding that the couple

“(Demi) and Ashton had been receiving counselling from Kabbalah over the summer to try to fix their marriage”

SOURCE

have been living apart for some time.

Moore is said to be “sad, hurt and embarrassed” by Kutcher’s latest cheating scandals and rumors about an impending split.

She’s likely also troubled by the fact that Kutcher is no longer following her on Twitter.

Kutcher has one of the most followed accounts on Twitter.

● METRO

Small piece of the Pie

Things could get awkward on the American Reunion set if the subject of paychecks ever comes up, as producers reportedly snagged a return appearance by Tara Reid for much less than other cast members.

Reid signed on with the picture — a sequel to the

1999 film American Pie — for a reported \$250,000, according to the Hollywood Reporter, while co-stars Jason Biggs and Seann William Scott each got \$5 million and a share of grosses. And How I Met Your Mother star Alyson Hannigan earned a reported \$3 million. ● METRO



▶ Tara Reid

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3
lifeFather
death rates

Fatherhood may help keep a man alive. A study suggests dads are less likely to die of heart-related problems than childless men.

The study — by the AARP, the U.S. government and several universities — is the largest ever on male fertility and mortality, involving 138,000 men.

THE ASSOCIATED PRESS



Parenting advice book from teen perspective emphasizes open dialogue with kids.

Recipes for happy guests

► You cooked a roast and cheesy bread then it hits you — one guest is a vegetarian and another is gluten intolerant ► Food blogger Beatrice Peltre shares ideas for all dinner guests

Preparation:

1 Heat the stock and set aside. Melt the butter in a large casserole. Add the olive oil and when warm, add the thyme, leek and shallot. Soften on low heat for a few minutes, stirring occasionally.

2 Add the garlic and lemon zest and cook for one minute. Increase the heat and add the rice. Coat well for 1 minute before adding the Vermouth. Cook until absorbed, while stirring. Add 1 cup of broth at a time, and wait until it is absorbed before adding more. When you have only 1/2 cup of stock left, add the peas and stock and continue to cook until the rice is al dente.

Vegetarian. Pea risotto with basil and lemon



again. Serve drizzled with olive oil.

Ingredients:

- 5 cups vegetable stock
- 1.5 tbsp unsalted butter
- 2 tbsp olive oil (more to serve)
- 1 twig lemon thyme
- 1 leek, white part only, finely chopped
- 1 shallot, finely chopped
- 1 garlic clove, peeled and finely diced
- Zest of 1 lemon
- 1.5 cup Carnaroli rice
- 1/4 cup Vermouth or dry white wine
- 5 1/2 cups vegetable broth
- 2 cups shelled green peas fresh or frozen
- 1/2 cup Parmesan
- 2 tbsp crème fraîche
- 10 basil leaves, chopped
- 1 tbsp parsley, chopped
- To serve, squeeze of lemon juice

3 Stir in the cheese, cream and herbs and stir. Stop

the heat, cover and leave to rest for 2 min-

utes. Squeeze lemon juice on top and stir

Gluten intolerant. Root vegetable soup

Preparation:

1 In a large pot, heat two tablespoons of olive oil over medium heat. When warm, add the onion, leek, thyme and

coriander. Cook for 3 minutes until the onion and leek are soft.

2 Add the garlic and cook 1 more minute. Add the sun dried tomato paste

and tomato and cook for 2 minutes. Add the rest of the vegetables, bay leaf, sugar and water. Season with salt and pepper, bring to a simmer and cover. Cook for 20 minutes. Discard the bay leaf and thyme.

Transfer the soup to the bowl of a food processor and purée until smooth.

3 For the garnish, in a frying pan heat 1 tablespoon of olive oil over medium heat. When

warm add the squash and season with salt and pepper. Cook 5-6 minutes until tender. Serve the soup in large bowls and top with the crème fraîche, squash, cheese, parsley and truffle oil.

Ingredients:

- Olive oil
- 1/4 chopped red onion
- 1 leek (white part only) chopped

- 2 twigs of thyme
- 1 tsp ground coriander
- 2 garlic cloves, minced
- 1 tsp sun dried tomato paste
- 1 tomato, peeled, cored,

- seeded and diced
- 1 large sweet potato and parsnip, peeled and diced
- 2 small turnips and carrots, peeled and diced
- 14 oz (400 g) peeled and

- diced red kuri squash
- 1 bay leaf
- 1 tbsp sugar
- 5 cups cold water
- Garnish:**
- crème fraîche

- 1/2 cup finely diced red kuri squash
- crumbled soft goat cheese
- fresh parsley
- white truffle oil

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Classic and perfect for fall

▶ Take traditional onion soup and add mushrooms for an earthy twist

The dark, rich broth and cheese-encrusted top are perfect for fending off a chilly evening.

This version adds a few more members of the onion family, a handful of herbs, as well as the earthiness of mushrooms.

Preparation:

1 Cut dried mushrooms into pieces; place in heat-safe bowl. Pour boiling water over mushrooms; set aside.

2 In saucepan over medium heat, melt 45 ml (3 tbsp) butter. Add onions and cook until well browned, stirring regularly, 15 mins. If onions begin to brown too fast, add water. When onions are browned, add wine and stir to deglaze pan. Add leeks, shallots, garlic, thyme, rosemary and 30 ml (2 tbsp) butter.



▶ This recipe makes four servings.

3 Increase heat to medium-high and cook until leeks tender, 8 mins. Add flour; stir to coat. Pour in broths, stir and bring to boil. Add steeped mushrooms, reduce heat to simmer for 10

mins. Add salt, pepper.

4 Heat broiler. Ladle soup into 4 oven-safe crocks. Top each with slice of bread and cheese. Arrange crocks on a rimmed baking sheet, place under broiler and

cook until cheese melts and begins to brown, 2 mins. Serve with chives.
THE ASSOCIATED PRESS

Ingredients:

- 1 pkg (60 g/2 oz) dried porcini mushrooms
- 250 ml (1 cup) boiling water
- 75 ml (5 tbsp) butter
- 3 sweet onions, sliced
- 50 ml (1/4 cup) white wine
- 2 leeks, white parts only, cleaned and sliced
- 2 shallots, chopped
- 2 cloves garlic, minced
- 30 ml (2 tbsp) each chopped thyme, rosemary
- 45 ml (3 tbsp) all-purpose flour
- 500 ml (2 cups) each chicken and beef broth
- Salt and black pepper
- 4 slices stale crusty bread
- 4 slices fontina cheese
- Chopped fresh chives

Rose Reisman's Swap It

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rich selenium, too. It's low in mercury and other pollutants because the fish are caught at a young age, before they accumulate high levels of toxins.

The Environmental Defense Fund website edf.org says we can safely eat up to four servings a month of albacore tuna.

Steer clear of bluefin tuna.

This species is large, fast, and tasty, but rare, like endangered species

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▶ Bluefin tuna is among the most overfished stock.



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Helping people heal

▶ Ellen Campbell doing her best to aid abuse victims

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When Ellen Campbell is happy, her smile can light up an entire room. Not many know about the dark days she has gone through because of the sexual abuse she suffered as a child.

As she careened through adulthood she was always chased by depression. She became suicidal and ended up in a hospital psychiatric ward.

"I wanted to kill myself and I didn't know why. As I was lining up for my pills I knew that if I didn't fight back it would end badly. It was a turning point in my life and I realized I needed help."

She founded the Canadian Centre for Abuse Awareness in 1993 and today with the help of supporters like John Derringer and Q107 radio, they help over 200,000 women, men and children a year.

"Society is finally recognizing the damage that abuse causes. The best way to heal is to reach out for help."

October is Child Abuse Awareness month.

We salute you Ellen Campbell, and all the amazing people that work to protect men, women and children and bring awareness to this issue.



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Who says science can't be fun?

HANDOUT/THE CANADIAN PRESS

A paper on beer bottle-mating beetles was the toast of the Ig Nobel Prizes, which honour research tickling both the brain and the funny bone.

Research co-authored by University of Toronto professor Darryl Gwynne and his Australian colleague David Rentz was the winner in the biology category. The awards ceremony was held at Harvard University on Thursday.

A parody of the Nobel Prizes, the Ig Nobel Prizes are handed out annually by the scientific humour magazine Annals of Improbable Research. The awards are "intended to celebrate the unusual, (and) honour the imaginative" while generating public interest in science, medicine and technology.

Gwynne and Rentz were honoured for their 1983 paper Beetles on the Bottle: Male Buprestids Mistake Stubbies for Females. Gwynne joined U of T's Mississauga campus in 1987



▶ An Australian jewel beetle is seen on a beer bottle.

and conducted his research as a post-doctoral fellow at the University of Western Australia in Nedlands.

While carrying out field work and walking along a dirt road in Western Australia, Gwynne and Rentz observed male Australian jewel beetles trying to crawl atop or along the side of scattered brown beer bottles, or "stubbies."

Gwynne said the stubbies resemble a "super female" jewel beetle in shape and hue, big and orangey-brown in colour. The bot-

tles also feature a slightly dimpled surface near the bottom — aimed at preventing the bottle from slipping out of one's grasp — that reflects light in much the same way as female wing covers.

The beetles' longing for loving was so strong that they tried to mate under the hot sun trying to mate with the bottles and ignored the females. They were eaten by hungry ants or had to be removed by the researchers.

THE CANADIAN PRESS

/mo

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Think Pink



October marks Breast Cancer Awareness Month

Breast cancer doesn't just touch women diagnosed with this illness; it also impacts their partners, children, other family members, close friends and wider communities. The good news is that the breast cancer death rate has fallen by more than 30 per cent since 1986 and is currently the lowest it has been since 1950. And Canadian scientists continue to make headway in areas of prevention, diagnosis, treatment and management of this disease. Pauline Anderson looks at what's here and what's coming.

Bare breast stats

Get the stats on breast cancer:

- ▶ An estimated 23,200 women in Canada were diagnosed with breast cancer in 2010 (an increase of 500 from 2009) and 5,300 died from the disease.
- ▶ On average, 445 Canadian women are diagnosed with breast cancer every week.

- ▶ One in nine (or 11 per cent) Canadian women are expected to develop breast cancer during their lifetime (by age 90).
- ▶ Breast cancer also affects men; in 2010, an estimated 180 Canadian men were diagnosed with breast cancer and 50 died from the disease.
- ▶ At present, the five-year survival rate for female breast cancer in Canada is 87 per cent (84 per cent for men), which means that women diagnosed with breast cancer

have an 87 per cent likelihood of living for five years after their diagnosis.

- ▶ Breast cancer death rates have declined in every age group since the mid-1990s.
- ▶ Of the women who undergo mammography screening, about five per cent are invited for a return visit; of these, 90 per cent are given a clean bill of health and 10 per cent undergo further investigations.

SHOW SUPPORT — Proceeds from sales of these pink products support Breast Cancer initiatives.



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Eating to beat breast cancer

► In addition to self-examination and screening, experts agree that you can make lifestyle choices to reduce your risks of breast cancer

When it comes to beating breast cancer through diet, there's emerging research showing the possible cancer-fighting abilities of foods that contain plant compounds.

It appears that these chemical substances, such as polyphenols, might inhibit cell cycles, reduce cell proliferation or induce apoptosis (cell death). Foods rich in polyphenols include unrefined fruits and vegetables (anything brightly coloured) as well as whole grains and legumes.

Experts are concerned, though, that foods such as

flaxseed, soy and soy byproducts like tofu that contain phytoestrogens may cause estrogenic stimulation, which is linked to breast cancer.

However, women at average risk of breast cancer shouldn't worry if they eat moderate amounts of these foods. After all, Asian women, whose diet is relatively rich in soy, have a lower breast cancer risk.

A high-fat diet may also be linked to breast cancer. In a five-year study of women recovering from breast cancer, of those following a low-fat diet, 9.8



► Brightly coloured fruits and vegetables indicate the presence of lots of polyphenols.

per cent saw a recurrence of breast cancer. Of those who didn't change their diet, 12.4 per cent saw a recurrence.

Vitamin D is being studied as a possible dietary tool to prevent breast cancer. A recent meta analysis suggested that by increasing

your daily dose of vitamin D, you could cut your breast cancer risk by half. Other research implicates lack of sunlight in breast cancers.

Weight control

Another dietary approach to preventing breast cancer is controlling your weight as you get older.

- After menopause, obese women have 1.5 times the risk of breast cancer.
- If you're overweight, lose weight through a low-calorie diet and exercise. Even a weight loss of five to 10 per cent of total weight can provide benefits.

Fight the odds with an active lifestyle

One of your best bets to beat the odds of developing breast cancer is to be physically active.

A 2006 study found that exercise lowered breast cancer risk by 12 per cent, even taking into account other breast cancer risk factors such as age and family history.

Experts suggest aiming for 30 minutes of moder-

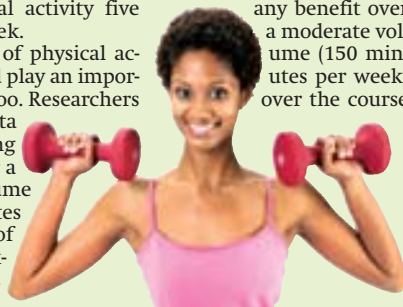
ate physical activity five times a week.

"Dose" of physical activity could play an important role, too. Researchers in Alberta are looking at whether a high volume (300 minutes per week) of aerobic exercise has

any benefit over a moderate volume (150 minutes per week) over the course

of one year.

And women who have already been diagnosed with breast cancer can reap the benefits of being physically active. Regularly walking or lifting weights reduces nausea during treatments, keeps muscles from wasting, helps control weight, and boosts energy levels and self-esteem.



Managing stress can keep you healthy

► Too much stress may help trigger events that lead to cancer ► But you can take control with these tips

While some stress may actually prevent cancer, too much may overtax the immune system and other defense mechanisms and may help trigger the cascade of cellular events that leads to cancer.

One theory is that when the body tries to cope with stress, signaling pathways are turned on, some of which may be linked with cancer.

Another type of stress — oxidative stress or the body's inability to metabolize oxygen for generating

energy — may also contribute to cancer risks.

Developing ways to prevent this stress is a hot topic among cancer researchers.

What we know so far is that several factors contribute to oxidative stress and cell damage, including environmental pollutants, hydrogenated fats and cigarette smoke.

Try to avoid these and stick to antioxidant-rich foods (think berries, broccoli, tomatoes, garlic and green tea).

To help deal with emotional stress, women coping with breast cancer can take advantage of the free Healing Journey program, developed by Dr. Allistair Cunningham, a clinical psychologist, and offered at various Wellspring cancer support sites.

The aim of the program is to listen to each woman, help her articulate her main concerns and provide strategies for her and her family to gain some mastery over their situation, says Cunningham.

► Try meditation or visualization techniques to quiet the mind and interrupt negative thoughts.



A few thoughts

About a year ago, Metro's Jodi Brown was diagnosed with breast cancer.

Visit metronews.ca/jodis-story to read about her experience from diagnosis to post-treatment.

"I'm eight weeks after treatment and odds are very, very good that I'm forever breast cancer free. But, if you are just starting this journey, here are five random insights," says Brown.

► Hot girls get breast cancer. You're in good company. Think Christina Applegate, Sheryl Crow, Kylie Minogue...

► Real hair wigs are worth every penny. Don't let anyone convince you that the synthetic hair wig at half the price will do. It won't. It gets fuzzy and awful and looks bad.

► Eyelashes have a purpose other than batting at boys. Who knew? Wear sunglasses when riding a bike during chemo or bugs and dust will make your eyes tear up.

► During chemo, when your brain is fuzzy, like really, really fuzzy, remember some people feel like that ALL the time.

► Don't take your horoscope literally. But keep climbing.

Tips for stress

Dr. Cunningham offers up some general stress management techniques.

- Be physically active. This not only relieves stress, but also can help prevent breast cancer recurrence.
- Learn relaxation techniques. Relaxing your body, one muscle group at a time, calms the mind. Do exercises like yoga and Tai Chi to relax yourself.
- Express emotions. The Wellspring program offers support groups with a leader so each woman gets a chance to tell her story.

Tigers stay afloat in ALDS

CHRIS TROTMAN/GETTY IMAGES



► Detroit's Jose Valverde celebrates the final out in Game 2 of the AL division series against the Yankees yesterday.

► Detroit holds on to even series as skies open up at Yankee Stadium

Detroit closer Jose Valverde held off a furious New York ninth-inning rally and the Tigers avoided a major slip-up, beating the Yankees 5-3 on a rainy evening last night to even their best-of-five AL playoff series at one game apiece.

Down 5-1, the Yankees scored twice in the ninth. New York got a chance to win it when Detroit catcher Alex Avila lost his footing on the slick on-deck circle while chasing a foul that would've been the final out. "It's a little hard. That's what happens sometimes," Valverde said.

After his pop-up landed untouched, Curtis Granderson drew a walk. With two outs and two on, Robinson Cano came to the plate.

Cano, who hit a grand slam and had six RBIs as New York won the opener, hit a routine groundball to end it.

"All of a sudden, against anybody — but particularly against a team like them with the short porch in right field — it was not a good feeling," Tigers manager Jim Leyland said. "But it worked out OK."

Tigers starter Max Scherzer pitched no-hit ball into the sixth before Cano blooped an opposite-field single to left.

Miguel Cabrera's two-run homer in the first off Freddy Garcia gave Scherzer an early edge, and the Tigers took a 4-0 lead into the eighth.

Granderson hit a solo

5	3
TIGERS	YANKEES

shot off Tigers reliever Joaquin Benoit in the eighth. Pretty soon, the rain — and all the drama — filled Yankee Stadium.

Game 3 is tonight at Detroit. In an ace rematch, CC Sabathia is scheduled to start for the Yankees against Justin Verlander. The all-stars faced each other in the series opener Friday night, but the game was suspended after only 1 ½ innings because of rain.

The Yankees lost three of four this year at Detroit and are 22-25 at Comerica Park since it opened in 2000. It's one of two AL stadiums where New York has a losing record.

The Tigers fly home with a chance to take control of the series, just as they did in 2006 when they lost the opener in New York before sweeping three straight.

Yankees manager Joe Girardi rested late-game relievers Rafael Soriano and Dave Robertson, and Detroit made it 5-1 in the ninth on Don Kelly's RBI single. **THE ASSOCIATED PRESS**

National League



Jonathan Lucroy drove in the go-ahead run with a squeeze and the Milwaukee Brewers broke away from the Arizona Diamondbacks 9-4 yesterday to take a 2-0 lead in their NL division series.

► Ryan Braun, pictured, hit a two-run homer and slugger

Prince Fielder added an RBI single for Milwaukee.

► The Brewers now hold a 2-0 lead in a playoff series for the first time in franchise history. Game 3 is tomorrow at Arizona. Milwaukee will go for a sweep when Shaun Marcum takes on rookie Josh Collmenter. **THE ASSOCIATED PRESS**

Lions kings of late comebacks

TONY GUTIERREZ/THE ASSOCIATED PRESS



► Detroit receiver Calvin Johnson makes a two-yard touchdown reception yesterday.

Matthew Stafford saw his defence start wiping out a 24-point deficit with interceptions returned for touchdowns midway through the third quarter, then he and Calvin Johnson took over from there, leading the Detroit Lions to a stunning 34-30 victory over the Dallas Cowboys yesterday in Arlington, Texas.

A week after turning a 20-point halftime deficit into an overtime win, the Lions provided further proof they're a legitimate con-

tender this season.

Detroit is 4-0 and has won an NFL-best eight-straight games. This also was its team-record fifth-straight road win, avenging a loss here last November that was its NFL-record 26th straight road loss.

Tony Romo and the Cowboys (2-2) continued to show no lead is safe for them. They also blew a 14-point fourth-quarter lead for the first time in franchise history in the opener. **THE ASSOCIATED PRESS**

Around the NFL



In other action yesterday:

► **Bengals 23-Bills 20:** Cincinnati's rookie QB Andy Dalton, pictured, led the Bengals (2-2) back from a 17-3 halftime deficit, culminating in Mike Nugent's 43-yard field goal as time ran out against previously unbeaten Buffalo (3-1).

► **Texans 17-Steelers 10:** Ari-an Foster rushed for 155 yards and the go-ahead touchdown in the fourth quarter as Houston (3-1) overcame a hamstring injury to Andre Johnson for the win over injury-plagued Pittsburgh (2-2).

► **Titans 31-Browns 13:** Veteran QB Matt Hasselbeck threw three TD passes in the first half and safety Jordan Babineaux returned an interception 97 yards for a TD for Tennessee's third-straight win under first-year coach Mike Munchak. **THE ASSOCIATED PRESS**

4
sports

Quoted



"Today I couldn't fault the commitment or anything like that from the guys. They were still making the big hits at the end and some real positives came out of the tournament for us."

CANADA COACH KIERAN CROWLEY, AFTER HIS TEAM'S 79-15 LOSS TO NO. 1-RANKED NEW ZEALAND AT THE RUGBY WORLD CUP YESTERDAY. THE LOSS, COUPLED WITH UNDERDOG TONGA'S WIN OVER FRANCE ON SATURDAY, DROPPED CANADA (1-1-2) TO FOURTH PLACE IN POOL A. IF CANADA HAD BEEN ABLE TO FINISH THIRD IN ITS FIVE-TEAM POOL, IT STOOD TO EARN AUTOMATIC QUALIFICATION FOR THE NEXT WORLD CUP.

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MAJOR LEAGUE BASEBALL

PLAYOFFS

DIVISION SERIES

All Times Eastern
(Best-of-5)

AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Series tied 1-1)

Yesterday's result

Detroit 5 N.Y. Yankees 3

Saturday's result

N.Y. Yankees 9 Detroit 3 (comp. of susp. game)

Tonight's game

N.Y. Yankees (Sabathia 19-8) at Detroit (Verlander 24-5), 8:37 p.m.

Tomorrow's game

N.Y. Yankees at Detroit, TBA

Thursday's game

x-Detroit at N.Y. Yankees, TBA

TEXAS (W) VS. TAMPA BAY (WC)

(Series tied 1-1)

Saturday's result

Texas 8 Tampa Bay 6

Today's game

Texas (Lewis 14-10) at Tampa Bay (Price 12-13), 5:07 p.m.

Tomorrow's game

Texas at Tampa Bay, TBA

Thursday's game

x-Tampa Bay at Texas, TBA

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)

(Series tied 1-1)

Last night's result

St. Louis 5 Philadelphia 4

Saturday's result

Philadelphia 11 St. Louis 6

Tomorrow's game

Philadelphia at St. Louis, TBA

Wednesday's game

Philadelphia at St. Louis, TBA

Friday's game

x-St. Louis at Philadelphia, TBA

MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads series 2-0)

Last night's result

Milwaukee 9 Arizona 4

Saturday's result

Milwaukee 4 Arizona 1

Tomorrow's game

Milwaukee at Arizona, TBA

Wednesday's game

x-Milwaukee at Arizona, TBA

Friday's game

x-Arizona at Milwaukee, TBA

x — if necessary.

CALENDAR

Oct. 19 — World Series begins, city of NL champion.

October-November — Free agent period to sign exclusively with former teams, first five days after World Series ends.

Nov. 14-15 — General managers' meetings, Milwaukee.

Nov. 15-16 — Owners' meetings, Milwaukee.

Nov. 23 — Last day for teams to offer salary arbitration to their former players who became free agents.

Dec. 5-8 — Winter meetings, Dallas.

Dec. 7 — Last day for free agents offered salary arbitration to accept the offers.

Dec. 11 — Collective bargaining agreement expires.

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	3	0	.000	46	84

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	2	1	0	.667	60	60
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

Yesterday's results

Atlanta 30 Seattle 28

Baltimore 34 N.Y. Jets 17

Chicago 34 Carolina 29

Cincinnati 23 Buffalo 20

Detroit 34 Dallas 30

Green Bay 49 Denver 23

Houston 17 Pittsburgh 10

Kansas City 22 Minnesota 17

New England 31 Oakland 19

New Orleans 23 Jacksonville 10

N.Y. Giants 31 Arizona 27

San Diego 26 Miami 16

San Francisco 24 Philadelphia 23

Tennessee 31 Cleveland 13

Washington 17 St. Louis 10

Tonight's game

All Times Eastern

Indianapolis at Tampa Bay, 8:30 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

Saturday's results

Calgary 40 Saskatchewan 3

Hamilton 27 Toronto 12

Friday's results

B.C. 33 Edmonton 24

Montreal 32 Winnipeg 26

CIS FOOTBALL

WEEK FIVE

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Saint Mary's	4	3	1	0	132	34	6
Acadia	4	3	1	0	117	41	6
St. F. Xavier	4	1	3	0	57	148	2
Mt. Allison	4	0	4	0	60	174	0

QUEBEC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Laval	5	5	0	0	149	57	10
Sherbrooke	5	4	1	0	144	113	8
Montreal	5	3	2	0	96	89	6
Bishop's	5	2	3	0	122	127	4
Concordia	5	2	3	0	118	133	4
McGill	5	0	5	0	57	136	0

ONTARIO CONFERENCE

	GP	W	L	T	PF	PA	Pt
Western Ontario	5	5	0	0	257	107	10
Windsor	5	4	1	0	176	100	8
McMaster	5	4	1	0	151	102	8
Queen's	5	3	2	0	142	89	6
Ottawa	5	3	2	0	124	106	6
Wilfrid Laurier	5	2	3	0	200	156	4
Toronto	5	2	3	0	42	112	4
Guelph	5	1	4	0	119	147	2
York	5	1	4	0	61	185	2
Waterloo	5	0	5	0	86	254	0

CANADA WEST CONFERENCE

	GP	W	L	T	PF	PA	Pt
Calgary	5	5	0	0	215	88	10
British Columbia	5	3	2	0	148	129	6
Saskatchewan	5	3	2	0	147	114	6
Manitoba	5	2	3	0	120	126	4
Regina	5	2	3	0	85	137	4
Alberta	5	0	5	0	78	199	0

Yesterday's results

Calgary 61 Alberta 7

Laval 37 Concordia 4

Saturday's results

McMaster 46 Waterloo 20

Saint Mary's 8 Acadia 3

Sherbrooke 20 Montreal 11

St. Francis Xavier 24 Mount Allison 17

Western Ontario 48 York 23

Wilfrid Laurier 51 Ottawa 16

Windsor 41 Guelph 21

Friday's results

Bishop's 23 McGill 18

Queen's 13 Toronto 6

Regina 26 Manitoba 18

Saskatchewan 36 British Columbia 33

TENNIS

WTA TORAY PAN PACIFIC OPEN

At Tokyo

Singles — Championship

Agnieszka Radwanska (9), Poland, def. Vera Zvonareva (4), Russia, 6-3, 6-2.

Doubles — Championship

Liesel Huber and Lisa Raymond (1), U.S., def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 7-6 (4), 0-6, 10-6 (tiebreak).

ATP MALAYSIAN OPEN

At Kuala Lumpur, Malaysia

Singles — Championship

Janko Tipsarevic (3), Serbia, def. Marcos Baghdatis, Cyprus, 6-4, 7-5.

Doubles — Championship

Eric Butorac, U.S., and Jean-Julien Rojer (2), Netherlands Antilles, def. Frantisek Cermak, Czech Republic, and Filip Polasek (3), Slovakia, 6-1, 6-3.

ATP PTT THAILAND OPEN

At Bangkok, Thailand

Singles — Championship

Andy Murray (1), Britain, def. Donald Young, U.S., 6-2, 6-0.

Doubles — Championship

Aisam-Ul-Haq Qureshi, Pakistan, and Oliver Marach (1), Austria, def. Michael Kohlmann and Alexander Waske, Germany, 7-6 (4), 7-6 (5).

WTA CHINA OPEN

At Beijing

Singles — First Round

Monica Niculescu, Romania, def. Li Na (4), China, 6-4, 6-0.

Sam Stosur (6), Australia, def. Tsvetana Pironkova, Bulgaria, 6-4, 6-0.

Marion Bartoli (8), France, def. Iveta Benesova, Czech Republic, 3-6, 6-4, 7-5.

Anastasia Pavlyuchenkova (13), Russia, def. Barbora Zahlavova Strycova, Czech Republic, 7-5, 6-4.

Sabine Lisicki (14), Germany, def. Irina-Camelia Begu, Romania, 6-2 (retired).

Kaia Kanepi, Estonia, def. Zheng Saisai, China, 6-0, 6-3.

Daniela Hantuchova, Slovakia, def. Eleni Daniilidou, Greece, 6-4, 6-2.

Dominika Cibulkova, Slovakia, def. Zhang Shuai, China, 6-0, 6-2.

Ana Ivanovic, Serbia, def. Kimiko Date-Krumm, Japan, 6-1, 6-1.

Christina McHale, U.S., def. Ayumi Morita, Japan, 6-2, 0-6, 6-3.

Carla Suarez Navarro, Spain, def. Ekaterina Makarova, Russia, 7-5, 6-1.

Maria Jose Martinez Sanchez, Spain, def. Shahar Peer, Israel, 6-1, 7-5.

Polona Hercog, Slovenia, def. Laura Robson, Britain, 6-4, 6-3.

Chanelle Scheepers, South Africa, def. Hu Yue-Yue, China, 6-0, 5-7, 6-0.

NHL

PRE-SEASON

Yesterday's results

Detroit 3 Pittsburgh 2

Washington 4 Chicago 1

At Bratislava, Slovakia

N.Y. Rangers 4 HC Slovan 1

Saturday's results

Vancouver 4 Edmonton 1

Detroit 4 Toronto 2

Dallas 4 St. Louis 0

Nashville 2 Carolina 1 (OT)

New Jersey 2 Philadelphia 1

Phoenix 3 San Jose 1

At Quebec

Montreal 5 Tampa Bay 1

GOLF

PGA JUSTIN TIMBERLAKE SHRINERS HOSPITALS FOR CHILDREN OPEN

At Las Vegas

Par 71

Final Round

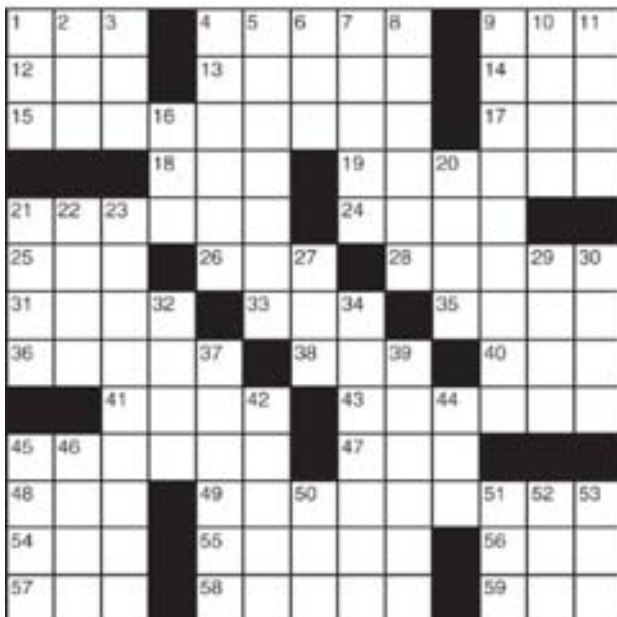
Crossword

Across

- 1 Actress Gardner
4 Vine-covered shelter
9 Owns
12 Perch
13 Wilkes—, Pa.
14 Everything
15 Surgeons' devices
17 Reason to say "alas"
18 — constrictor
19 Addicted
21 Unisex garb
24 Spheres
25 — carte
26 "Humbly"
28 Giggly sound
31 Columns' crossers
33 AAA job
35 Play area
36 Playful water critter
38 Dowel
40 Bankroll
41 Warmth
43 Chic
45 Burn somewhat
47 Joke
48 Goof up
49 "The Old Man and the Sea" author
54 Pistol
55 Implant
56 Literary collection
57 Praise in verse
58 Rental contract
59 Workout venue

Down

- 1 Fire residue
2 Compete
3 \$ dispenser
4 Soak up
5 Knocking sound
6 Lingerie item
7 Lawn-care brand
8 Vacation mecca
9 Detectives
10 Lotion additive
11 Coaster
16 Kimono sash
20 Do what you're told
21 Poi root
22 Coin aperture
23 Author Nathaniel
27 Jump
29 Historic times
30 Whirlpool



Friday's answer



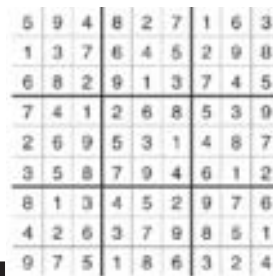
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer



A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 4° Max 19°	Min 9° Max 17°	Min 6° Max 16°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



Today's horoscope

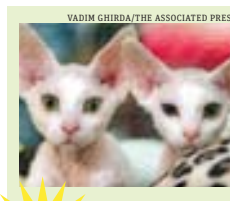
♈ Aries March 21-April 20 Life will be easier to handle this week if you can just get over the idea that everyone thinks the same way as you and shares your convictions.
♉ Taurus April 21-May 21 Matters of a routine nature will take up most of your time today.
♊ Gemini May 22-June 21 This is going to be a productive week.
♋ Cancer June 22-July 22 Go out of your way to be nice to partners and colleagues today.
♌ Leo July 23-Aug. 23 You will get the chance to move up in the

world.
♍ Virgo Aug. 24-Sept. 22 You are about to be given the chance to make amends for something you said — or something you should have said but did not.
♎ Libra Sept. 23-Oct. 23 Decide what is the most important thing you should be doing right now and focus on it to the exclusion of everything else.
♏ Scorpio Oct. 24-Nov. 22 Something will happen today that convinces you that life is good and about to get even better. Believe it.
♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

21 Try not to get emotionally involved in other people's problems.
♐ Capricorn Dec. 22-Jan. 20 Something you have been working on for months, maybe years, will bear fruit this week.
♑ Aquarius Jan. 21-Feb. 18 You can do almost anything you want to do this coming week, but you don't have to do everything.
♒ Pisces Feb. 19-March 20. You will have to take on new responsibilities over the next seven days, and it's just what you need.
● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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